

HEART HEALTHY MONTH

February is Heart Healthy Month. Thanks to the support of the Friends of Foxborough Seniors, all of the exercise classes held at the senior center in the month of February will be offered free of charge to participants. Our weekly exercise schedule is as follows: Chair Yoga at 9:30 a.m. and Tai Chi at 10:30 a.m. on Mondays; Stretch and Balance at 8:30 a.m. and Zumba at 9:45 a.m. on Tuesdays; Strength Training at 8:30 a.m. and Zumba at 11:30 a.m. on Wednesdays, and; YMCA Exercises at 9:30 a.m. on Fridays. This is your chance to try out some of the exercise programs you may have been hearing about. So come join us as we get our hearts pumping and get our bodies into shape.

Monday, February 2

Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Book Club 11:00 a.m.
Knitting 1:00 p.m.
Shaws 1:00 p.m.

Tuesday, February 3

Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
SHINE by appointment 10:00 a.m.
Nutrition 11:00 a.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.
Bingo 2:00 p.m.

Wednesday, February 4

Sign up for Trip to New York City
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Zumba 11:30 a.m.
Computer Class with Charter School Students 11:30 a.m.
Job Lot 1:00 p.m.
Floral Arranging Workshop 1:00 p.m.

Thursday, February 5

Intermediate Italian Class 1:30 p.m.

Friday, February 7

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Card Making Class 11:00 a.m.
Cribbage 11:00 a.m.
Advanced Italian Class 1:15 p.m.
Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

FLORAL ARRANGING WORKSHOP

Join us for a Floral Arranging Workshop at the senior center on Wednesday, February 4th from 1:00 p.m. to 2:00 p.m. You will need to bring a vase and a pair of scissors. The flowers and instructions from a professional florist will be provided. This class is offered free of charge and when the class ends, you'll be bringing home a beautiful floral arrangement. The program is made possible by Epoch Assisted Living of Norton. Please call the senior center at 508-543-1252 to sign up if you'd like to join us.

TRIP TO NEW YORK CITY

Come join us as we travel to New York City on May 17th - 18th where we'll be visiting the 9/11 Memorial and Museum. We'll be leaving Foxborough at 7:00 a.m. on Sunday, May 17th from St. Mary's parking lot and return home on Monday, May 18th in the early evening. On Sunday afternoon we'll be having lunch at the famous Chelsea Market of the Food Club Network and then spend the afternoon at the 9/11 Memorial. That evening, dinner will be served at the Chart House Restaurant on the Hudson River where we'll enjoy a view of the skyline of Midtown New York. Our overnight lodging will be at the Hampton Inn & Suites Riverwalk in Newark, NJ. On Monday, we'll continue to nearby Liberty Park to board the ferry for the Ellis Island National Monument and the Statue of Liberty. The ferry continues on to Battery Park and in the afternoon we'll be visiting the historic South Street Seaport and enjoy a guided sightseeing tour of Lower and midtown Manhattan, including many famous sights. The cost for this trip, including all gratuities, is \$371 per person for a double, \$351 per person/triple and \$451 per person/single. The sign up for this trip will begin on Wednesday, February 4th and payment will be due by Friday, April 3rd.

SPECIAL PROGRAMS

VALENTINE'S TEA SOCIAL

We have such a busy February schedule that COA board members Joanne Pratt and Vivian Pitts have offered to host a Valentine's Tea Social on Valentine's Day, Saturday, February 14th from 1:00 to 3:00 p.m. Feel free to wear some red, and if you have a special teacup, bring it along with you. Tea and sweets will be served, and Gary Leanes will be here to provide the musical entertainment. If you're interested in joining us for an afternoon of fun with friends, please call the senior center at 508-543-1252 by Wednesday, February 11th to sign up. Thanks to the support of the Friends of Foxborough seniors, this event is free. And don't worry about the weather. We'll give you a call if we have to cancel the social due to poor weather conditions.

A FAREWELL LUNCHEON FOR KEN

Our Outreach Worker/Transportation "Guru" Ken Levy will be retiring at the end of February. On Thursday, February 26th from 11:30 to 1:00 p.m. we'll be having an open house/luncheon at the senior center in Ken's honor. The HESSCO mealsite will be at the senior center on this date and the luncheon menu will include chicken with gravy, potatoes, broccoli and a snowflake roll. We'll also be having a celebratory cake for dessert. Registration is required if you're coming for lunch, so please call us at 508-543-1252 to sign up in advance. The suggested donation for the meal is \$3.00. Come join us as we wish Ken well and send him off into retirement with our many thanks and good wishes!

VALENTINES CELEBRATION – "CHOCOLATE 101" or A BRIEF HISTORY OF CHOCOLATE

Join us as we celebrate Valentines Day by taking part in a chocolate workshop at the senior center with performer Judith Kalahora on Thursday, February 12th from 1:00 to 3:00 p.m. Nine out of ten people love chocolate... and the tenth person is lying! What is it about this delicacy that makes mouths water? How did this food get such a bad reputation? And did you know that chocolate is good for you? All the questions you've ever had about chocolate, such as where it comes from, how it's made, and why it tastes so good, are answered in this class. You'll even learn what your chocolate preference says about your personality. "Chocolate 101" is not for the faint of heart, as we will sample some of the best chocolates from the world over, ranging from white chocolate, all the way up to 99% cacao. So, if chocolate is an invaluable part of your life, then this program is for you! Seating is limited. Please call the senior center at 508-543-1252 if you'd like to sign up for this workshop. This program is offered for free thanks to the support of the Friends of Foxborough Seniors.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On February 4th and 5th the featured program will be "Tinnitus: Causes and Treatments." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

INCOME TAX ASSISTANCE

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning on February 3rd. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment

TRIP INFORMATION

ST. PATRICK'S DAY PARTY

It's that time of year when everyone can claim to be Irish for a day! Come join us as we travel to the Kirkbrae Country Club in Lincoln, RI on Thursday, March 12th for a St. Patrick's Day Celebration. We will be leaving from the St. Mary's church parking lot at 11:00 a.m. and travel by motorcoach to the Kirkbrae Country Club where we'll be served a luncheon choice of either Baked Haddock or the traditional Corned Beef and Cabbage. Following lunch, our entertainment will be provided by "John Connors Irish Express" and the Irish Step Dancers. The cost for this fun and festive day is \$71 per person and the price includes transportation, lunch, entertainment and gratuity for the coach driver. The sign up for this celebration has begun, so please call the senior center at 508-543-1252 if you'd like to attend. Payment is due by Friday, February 20th.

TRIP TO FOXWOODS CASINO

On Thursday, February 26th we'll be traveling to Foxwoods Casino. Come join us as we go to the northeast's largest casino, with over 6,000 slot machines, 38 restaurants and many retail shops. Check out all the table action, slot machines, Bingo and the new penny machines, or just come to enjoy good food and shopping. We will be leaving from St. Mary's church parking lot at 7:45 a.m. and return to Foxborough around 5:00 p.m. The cost for the day trip is \$25 per person and this includes round-trip transportation by motor coach, a \$10 food coupon or full buffet lunch, \$10 slot play (subject to change) and gratuity for the coach driver. Call the senior center at 508-543-1252 if you're interested in joining us. Sign-up for this trip has begun and payment is due by Friday, February 6th.

2015 TRIP TO NOVA SCOTIA

We have just started a waiting list for those interested in our trip to Nova Scotia in 2015. We will be traveling up to Nova Scotia and Prince Edward Island for an "Atlantic Canada Cruise Tour" from July 6 – 12 in 2015. The cost for this trip is \$1,637 per person for a double room, \$1,567 for a triple room and \$2,217 per person for a single. This price also includes gratuities for the motorcoach driver, escort and local guides. Passports will be required and our travel arrangements are provided by Tours of Distinction. If you are interested in being put on the waiting list, please call the senior center ASAP at 508-543-1252.

REGULARLY SCHEDULED

MOVIE DAY

The featured movie for the month of February will be "The Hundred-Foot Journey" and is scheduled to be shown on Tuesday, February 10th at 12:30 p.m. An Indian teen, Hassan Kadam, living in France goes to work for his father's culinary adversary. When Hassan's family is forced to move from their native India, his papa relocated to a peaceful hamlet in Saint-Antonin-Noble-Val in the south of France. Determined to give his new neighbors a little of home, papa decides to open an Indian restaurant in the village and names it Maison Mumbai. Meanwhile, across the street at the traditional French restaurant Le Saule Pleureux, uptight proprietor Madame Mallory (Helen Mirren) doesn't exactly welcome the competition. When Madame Mallory ignites a bitter feud that quickly escalates, the only hope for a peaceful resolution lies in Hassan's talent for French haute cuisine and his growing affection for Madame Mallory's pretty young sous chef Margerite! Take in a good movie with friends while you enjoy the comfort of the senior center. We'll make some fresh, hot popcorn for

everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you'd like to join us, please call 508-543-1252 to sign up.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings at 11:30 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. These classes are offered for free in the month of February.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. These classes are offered for free in the month of February. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes.

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. We have an instructor from the YMCA to lead our class and there is no charge for these classes during the month of February. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

BINGO

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, February 3rd from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

February 4 – Job Lot / Dollar Store

February 11 - Walmart

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, February 10th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month.

Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, February 2nd. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is

available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment.

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Thursday, March 5th from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. Please call the senior center at 508-543-1252 to make an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for February 3rd and February 19th. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up and appointment.

WINTER WEATHER PREPAREDNESS

SAND FOR SENIORS

“Sand for Seniors” is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the VanGo will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

WEEKLY SCHEDULED PROGRAMS

KNITTING CLUB

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who'd like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we'll supply the yarn.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

NUTRITION

The Nutrition Class meets every Tuesday morning at 11:00 a.m. Each week we share new “healthy” recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, February 2

Italian Style Spaghetti with Meatballs

Genoa Blend Vegetables

Scali Bread

Pears

Calories 457

Sodium 274

Tuesday, February 3

Beef Burgundy

Mixed Vegetables

Boiled Potato

Dinner Roll

Vanilla Pudding

Calories 567

Sodium 385

Wednesday, February 4

Chicken Breast with Supreme Sauce

Rice Medley

Peas

Oatmeal Bread

Pineapple Chunks

Calories 393

Sodium 483

Thursday, February 5

Beef and Cabbage Casserole

Carrot Coins

Whole Wheat Roll

Chocolate Chip Cookie

Calories 348

Sodium 374

Friday, February 6

Potato Crunch Fish

Tartar Sauce

Whipped Potato

Cut Green Beans

Whole Wheat Bread

Fresh Fruit

Calories 493

Sodium 402